

Monterey Peninsula Regional Park District

# LET'S GO OUTDOORS!

Your adventure activities guide for all ages



*Preserving and Protecting Parks and Open Space*



**THE MPRPD MISSION:**

*To acquire and maintain open space in the District for preservation and use, working with partners and the community, for public benefit, enjoyment and environmental protection.*

*"The Monterey Peninsula Regional Park District moves forward in preserving land and providing public access."*

## A Message from the General Manager

Dear Friends!

The Monterey Peninsula Regional Park District (MPRPD) is grateful to be able to preserve, restore, research, maintain and provide public access to over 13,000 acres of some of the most breathtaking landscapes on the Central Coast. Thank you for your trust in our team!

### Acquisition of Rancho Canada Golf Course

I am pleased to announce that in early 2018, MPRPD will acquire a substantial portion of the former Rancho Cañada Golf Course and its facilities. This conveyance shall monument the exemplary partnership between the properties' owners and neighbors, the Santa Lucia Conservancy, The Trust for Public Land, Trout Unlimited, the State of California, numerous donors, other partners and MPRPD. Partnerships like this are important to preserving and protecting critical open space, riparian and wildlife corridors, preserving our iconic landscapes, and providing world-class environmental education programming and recreation opportunities for current and future generations.

### Re-use Planning for Former Rancho Cañada Golf Course

MPRPD needs your help and we are seeking your invaluable participation and input in the planning process. MPRPD is presently developing a general development plan for Palo Corona Regional Park which now includes the former Rancho Cañada Golf Course. This plan will help guide the very important decisions that need to be made for this landscape. In addition to offering a new hiking experience, a permit-free entryway into Palo Corona Regional Park, and expanded opportunities for Let's Go Outdoors! activities, MPRPD wants to know what other quality of life opportunities you believe the site may provide. To date, several public meetings to gather public input have been held and several more are forthcoming.

### We Want to Hear from You

Your opinions matter, thus we respectfully seek your participation and input. We have established a website for your convenience. Please go to [www.mprpd.org](http://www.mprpd.org) and you'll find the planning and update link posted on the homepage. You may also go directly to the Palo Corona Regional Park General Development Plan website at [www.palocorona.org](http://www.palocorona.org). We sincerely look forward to hearing from you!

Let's Go Outdoors!



Rafael Payan, PhD  
General Manager

Cover Photo: Carmel River, Douglas Steakley Photography

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## How to Register

### REGISTRATION IS REQUIRED FOR ALL PROGRAMS!

**Online** | Go to our website at [mprpd.org](http://mprpd.org).

**Walk-in** | Visit our Administrative Office at 60 Garden Court, Suite 325, Monterey, CA 93940. Registration is accepted Tuesday-Friday from 11 am to 1 pm.

**Phone** | Call 831-372-3196, extension 109.

**Email** | [nelson@mprpd.org](mailto:nelson@mprpd.org)

**Registration** | Opens 30 days prior to the activity and closes at 5:30 pm the day before the activity.

**Important: You must register before the activity begins.**

**Cancellations** | If you must cancel an activity, please let MPRPD know via email, telephone, or in person at least three days prior to the class. **You cannot cancel registration online.** MPRPD may cancel activity due to low registration, weather conditions or unforeseen circumstances.

**Reminders** | Email reminders will be sent **approximately 3-5 days** prior to the start of class.

**Policies** | Our policies are available online when you register.

### YOUR PARKS NEED YOU!

## Become a Volunteer Naturalist

Share your passion for nature with others and become part of our volunteer team. Our interpretive training and enrichment opportunities enhance your knowledge and skills. There are many ways to help!

Fill out an online application at [mprpd.org](http://mprpd.org) or contact our Volunteer Coordinator at 831-659-6065 or [wyatt@mprpd.org](mailto:wyatt@mprpd.org)



# Get to Know Your MPRPD Parks

*Children must be accompanied by a registered adult. Distances and elevations are approximate.*

## Fabulous Ferns and Redwoods

Gain an appreciation for all the little things in life on this leisurely paced hike. Experience the tranquility of Garzas Creek as you hike into a beautiful redwood forest. Take in the views along the way, including the Piñon Peak lookout tower. This hike is available only when the seasonal footbridges are in. Instructors: Mary Dainton and Cath Farrant, MPRPD Volunteer Naturalists.

### Ages 13-Adult

**Sunday, Nov. 5 | 10 am-1 pm**  
**East Garzas Trailhead,**  
**Carmel Valley**

*Elevation change: Approx. 650 ft.*  
*Distance: Approx. 4 miles*

## Discover Kahn Ranch

Enjoy a strenuous but leisurely paced hike with breathtaking views. Tucked in on the southeastern end of Garland Ranch Regional Park, Kahn Ranch boasts beautiful vistas, diverse wildflowers, and a bubbling waterfall. Take-in the beautiful scenery as you hike to Fern Falls, then up the Manzanita Trail and down Hitchcock Loop. Instructors: Mary Dainton and Cath Farrant, MPRPD Volunteer Naturalists.

### Ages 13-Adult

**Sunday, Feb. 18 | 10 am-2 pm**  
**Kahn Ranch, Carmel Valley**

*Elevation change: Approx. 1,100 ft.*  
*Distance: Approx. 4.5 miles*

## Bring in the New Year: Kahn Ranch Hike

Bring in 2018 feeling good after finishing this strenuous but leisurely paced hike! Tucked in on the southeastern end of Garland Ranch Regional Park, Kahn Ranch boasts breathtaking vistas, beautiful scenery and stimulating sounds. This hike takes you to Fern Falls, then up the Manzanita Trail and down Hitchcock Loop. Instructors: Mary Dainton and Cath Farrant, MPRPD Volunteer Naturalists.

### Ages 13-Adult

**Sunday, Dec. 31 | 10 am-2 pm**  
**Kahn Ranch, Carmel Valley**

*Elevation change: Approx. 1,100 ft.*  
*Distance: Approx. 4.5 miles*

## Bring in Spring Hike

Invigorate yourself while experiencing the beauty of spring wildflowers. Climb sunny Sage Trail to the Sky Trail, take in the bird's-eye-views of Mesa Pond then hike down the Maple Canyon Trail. Experience the sights and smells of giant ferns, bay laurels, and wood mint that thrive beneath big-leaf maple trees. Instructors: Mary Dainton and Cath Farrant, MPRPD Volunteer Naturalists.

### Ages 13-Adult

**Sunday, Mar. 18 | 10 am-1 pm**  
**Garland Park Visitor Center,**  
**Carmel Valley**

*Elevation change: Approx. 800 ft.*  
*Distance: Approx. 3.5 miles*

## Discover Marina Dunes Preserve

Walk the sandy dunes at sunset! Watch the sky fill with colors as we learn about this dynamic ever-changing landscape. From fore dunes to hind dunes the sands host abundant plant and animal life. Discover how this relatively harsh environment creates a unique thriving community. Instructor: Julie Callahan, MPRPD Volunteer Naturalist.

### Ages 10-Adult

**Saturday | 4:30 pm-6:30 pm**  
**Oct. 21; Mar. 3**

**Marina Dunes Preserve, Marina**

*Elevation change: Approx. 150 ft.*  
*Distance: Approx. 2 miles*  
*Hike occurs mostly in sand.*

## Nature Night Hikes

Meet at dusk and venture into the park for a 2-3 hour night hike. Switch off the flashlight, let your eyes adjust, and use heightened senses while exploring your nocturnal side. Instructor: Rick Berg, MPRPD Volunteer Naturalist.

### Ages 12-Adult

**Saturday | Sunset**

**Nov. 18; Jan. 20; Mar. 17**

**Palo Corona Regional Park, Carmel**

*Elevation change: 300-800 ft.*  
*Distance: 3-3.5 miles*  
*Registration required. No walk-ins.*

## Owl Walk at Dusk

Just before twilight, begin your search to discover the secretive and mysterious owls at Garland Ranch Regional Park. Scout their natural habitats listening for hisses and screeches, and watch for these silent hunters. Learn to identify calls and characteristics of some of the local species. Instructor: Rick Berg, MPRPD Volunteer Naturalist.

### Ages 12-Adult

**Saturday | Sunset**

**Dec. 16; Apr. 21**

**Garland Park Visitor Center**

*Elevation change: 100-600 ft.*  
*Distance: Approx. 3 miles*  
*Registration required. No walk-ins.*

## Laguna Grande Birding Walk

This birding refuge offers something new with each visit! View waterfowl, raptors, and the seasonal migrants with amateur birders. From lake-side to wetlands to riparian surroundings, Laguna Grande Park has rich habitats and a wide array of birds to see. This program is good for the first-time to experienced birder. Instructor: Rick Berg, MPRPD Volunteer Naturalist.

**Ages 12-Adult**

**Saturday | 9 am-11 am**

**Nov. 18; Jan. 20; Mar. 17**

**Laguna Grande Park, Seaside**

*Elevation change: Approx. 50 ft.*

*Distance: 5-3.5 miles*

## Introduction to Birding

The ancient sand dunes, vernal ponds, coastal prairie, and wetlands of Locke-Paddon Wetland Community Park create a habitat gem for birds and other animals. Learn the basics of bird identification with amateur birders as you discover the richness and diversity of this habitat. Instructor: Rick Berg, MPRPD Volunteer Naturalist.

**Ages 12-Adult**

**Saturday | 9 am-11 am**

**Dec. 16; Feb. 17; Apr. 21**

**Locke-Paddon Park, Marina**

*Elevation change: Approx. 50 ft.*

*Distance: 5-3.5 miles*

## Frog Pond Walk-and-Talk

Take a family-friendly walk around Frog Pond Wetland Preserve. Come share stories about the history of this land including the previous landowners and the water bottling company. Learn about the vast array of wildlife that make their homes here. Enjoy the sights and sounds of twilight and early evening. Instructors: MPRPD Volunteer Naturalists.

**Ages 8-Adult**

**Thursday, Oct. 19 | 4 pm-6 pm**

**Frog Pond, Del Rey Oaks**

*Elevation gain: Approx. 50 ft.*

*Distance: Approx. 1.5 miles*

# California Wildlife Day Celebration!

Saturday, March 24, 2018

10 am-2 pm

Garland Ranch Regional Park

Recognize the first annual California Wildlife Day

**FUN FOR ALL AGES**

- Interactive booths • Special presentations
- Nature and Discovery Walks • Arts and Crafts



**For more information**

**Visit: [mprpd.org](http://mprpd.org)**

**Email: [nelson@mprpd.org](mailto:nelson@mprpd.org)**

**Call: 831-372-3196 ext. 109 or 831-659-6065**

The California State Legislature proclaims the Spring Equinox of every year as California Wildlife Day. Celebrate with us!



*Let nature and  
the wilderness  
be your inspiration.*



# Family Discoveries

*Minors must be accompanied by a registered adult.*

## Hike East Garzas to the Visitor Center

No loop trails on this hike! You will be shuttled to the trailhead at East Garzas Road for a beautiful hike along the Garzas Canyon Trail. Hike down to and along the tranquil Garzas Creek, up to Mesa Pond, then down the steps on the Waterfall Trail to the Visitor Center. Instructor: Matt Connors, MPRPD Volunteer Naturalist.

### Ages 12-Adult

**Saturday, Nov. 18 | 9 am-12:30 pm**  
**Garland Park Parking Lot**

*Elevation gain: Approx. 850 ft.*  
*Distance: Approx. 4.3 miles*

## What is a Home?

What do you really need to make a home? Learn about what is absolutely needed to live. Discover how animal homes are similar to ours. See how a thriving neighborhood full of birds and animals make your home a better place to live. Instructor: Jessica Williamson, CSUMB Service Learner.

### Ages 7-Adult

**Saturday, Dec. 2 | 10 am-12 pm**  
**Locke-Paddon Park, Marina**

*Elevation change: Approx. 50 ft.*  
*Distance: .5- 3.5 miles*

## Twilight Hike through the Park

Discover a hidden treasure in the heart of the region on this twilight-to-sunset hike at Palo Corona Regional Park. Experience a variety of habitats that provide both permanent and seasonal homes for a surprisingly wide range of wildlife. Discover unexpected species (day, dusk and night "shifts") and their array of adaptive habits. Instructor: Rick Berg, MPRPD Volunteer Naturalist.

### Ages 10-Adult

**Saturday, Feb. 17 | 5:15 pm-7:15 pm**  
**Palo Corona Regional Park, Carmel**

*Elevation gain: Approx. 250 ft.*  
*Distance: .5- 3.5 miles*  
*Registration required. No walk-ins.*

## Latrines, Bunkers and Vernal Pools

This 3-hike series explores remnants of old Fort Ord. Discover the rich history of this open space area as you hike through different trails, exploring new lands and varying habitats. Each hike will introduce you to a new part of the story that built this landscape. Instructors: Julie Callahan and Allen McClellan, MPRPD Volunteer Naturalists.

**SERIES**

### Ages 12-Adult

**Saturday | 9 am-11 am**

**Jan. 6 | Hunt for Fort Structures**  
**8th Ave. & Gigling Rd. Parking Area, Seaside**

**Feb. 3 | Beaches, Bunkers, and Stilwell Hall**  
**Divarty St. and 1st Ave., Marina**

**Mar. 4 | Vernal Pools and Commanche's Grave**  
**Inter-Garrison Rd. and Jerry Smith Corridor Parking, Seaside**

*Elevation change: Approx. 200 ft.*  
*Distance: 4-5 miles*

## Walk Among the Wildflowers at Porter Ranch

Grab your galoshes! We want to share this awe-inspiring experience with you. Bring your camera, take pictures and wander among the wildflowers. Fill your sights with views of fields and hills covered with the colors of spring at one of the regions oldest cattle ranch. Instructors: Elkhorn Slough Foundation staff.

### Ages 7-Adult

**Saturday, Apr. 7 | 10 am-12 pm**  
**Porter Ranch, Las Lomas**

*Elevation change: Approx. 250 ft.*  
*Distance: Approx. 2 miles*

## Nature Roll for Wheelchair Users

Explore the outdoors with confidence on this leisurely roll along the South Bank Trail. Relish in the beauty of being outdoors as you travel along a paved farm road to a hard packed surface. Enjoy the quiet rustle of the trees and cooling breeze as you learn about plants inhabiting the area. Instructor: Karah Silacci, MPRPD Volunteer Naturalist.

### Ages All

**Saturday | 10 am-1 pm**  
**Nov. 4; Apr. 7**

**South Bank Trailhead, Carmel**

*Elevation change: Approx. 250 ft.*  
*Distance: Approx. 3 miles*  
*Volunteers will be available to provide assistance.*



## Mushroom Appreciation Hike

Join amateur mushroom enthusiasts on this informative hike describing and identifying the various fungi that pop-up on the Monterey Peninsula. Learn tips and techniques designed to introduce you to a world of appreciating mushrooms in the parks and in your back yard. Instructor: Julie Callahan, MPRPD Volunteer Naturalist.

### Ages 8-Adult

**Saturday, Jan. 13 | 10 am-12 pm**  
**Garland Park Visitor Center**  
**Saturday, Feb. 24 | 10 am-12 pm**  
**Fort Ord National Monument**

*Elevation gain: 100-300 ft.*  
*Distance: Approx. 2 miles*  
*Mushrooms will not be picked or collected during this hike.*

## Secrets of a Beak

What does the shape of a beak tell us about a bird? Find out how we can look at the different shapes of birds' beaks to know more about them. Through art, hands-on exploration, and observation we will come to know much more about this amazingly diverse group of creatures. Instructor: Valentine Hemingway.

**Ages 3-8**

**Sunday, Mar. 18 | 10 am-11:30 am**  
**Garland Park Visitor Center**



## Secret Lives of Pacific Chorus Frogs

Discover the life and habitats of the Pacific chorus frog from egg to tadpole to adult. Learn to speak frog language. Game-play teaches us ways tadpoles protect themselves in the water. This adventure includes a hike around the pond searching for our amphibian friends and exploring the frog's habitat. Instructor: Valentine Hemingway.

**Ages 4-10**

**Sunday, Jan. 21 | 3 pm-4:30 pm**  
**Frog Pond, Del Rey Oaks**



## Tule, Tule!

Tules are wetland plants which provide important habitat for many animals. These plants offered significant resources for many native groups and early settlers. Come learn what happens in "the tule" — and the many ways tules can be used. We will also make small tule boats for you to take home. Instructor: Valentine Hemingway.

**Ages 4-10**

**Saturday, Nov. 18 | 10 am-11:30 am**  
**Frog Pond, Del Rey Oaks**

## Uncover the Secrets of the Pond

Explore Frog Pond Wetland Preserve. We will investigate its different habitats, discovering which fascinating plants and animals live there. By asking "what is a habitat," we will understand why certain creatures and plants live in some areas and not in others. We will use our words, art, song, and games to better our understanding. Instructor: Valentine Hemingway.

**Ages 4-10**

**Saturday, Feb. 10 | 10 am-11:30 am**  
**Frog Pond, Del Rey Oaks**

**“I could teach one of these classes!”**

**If you can, we'd like to talk to you.** Do you have a passion for the outdoors? Do you enjoy sharing your knowledge and skills about nature with others? We're always looking for Outdoor Educators for the **Let's Go Outdoors!** catalog.

**Contact us today!**

**Visit: [mprpd.org](http://mprpd.org)**

**Call: 831-372-3196 ext. 109 | Email: [nelson@mprpd.org](mailto:nelson@mprpd.org)**





# Teen to Adult Explorations

## Mushroom Mania!

Embark on an intriguing exploration into the varied mushroom habitats of Garland Ranch Regional Park. Gain a new perspective on these mysterious life forms by investigating and identifying these fascinating fungi with a local expert. Discover which mushrooms are edible and which are just pretty to look at! Instructor: Phil Carpenter.

**Ages 13-Adult**

**Saturday | 10 am-1 pm**

**Dec. 2; Jan. 27; Feb. 10**

**Garland Park Meeting Room**

*Program is weather (rain) dependent.*

## Carmel River Watershed Tour

Learn about the Carmel River and all it does for our natural and man-made communities on this driving tour. This beautiful river is a main source of water and supports unique habitats rich with animal and plant life. Explore the watershed while seeing the effects of fire, storms and more. Instructors: Carmel River Watershed Conservancy and MPRPD Staff and Volunteer Naturalists.

**Ages 13-Adult**

**Thursday | 9 am-1:30 pm**

**Nov. 9; Mar. 15**

**Garland Park Parking Lot**

*Registration is required, space is limited.*

## Wildlife Tracking Basics

Have you ever seen animal tracks but were not sure who they belong to? Do you want to know how to recognize tracks that wildlife leave behind in our parks? Learn the basics of identifying common mammal tracks in this hands-on workshop. Instructor: Bart Kowalski.

**Ages 16-Adult**

**Sunday | 9 am -12 pm**

**Oct. 15; Jan. 21**

**UCNR Ford Ord Natural Reserve, Marina**



## Expedition Palo Corona

Grab your camera and binoculars, we're going on safari! This driving tour is specially designed for our "Senior Adventurers." See sprawling rugged acres of grasslands and forests as you visit the old "Fish Ranch." Take in breathtaking views and share memories on this van safari. We'll stop along the way to stretch our legs and snap a few photos. Instructor: MPRPD Staff and Volunteer Naturalists.

**Ages 55+**

**Wednesday, Nov. 8**

**9:30 am-12:30 pm**

**Palo Corona Regional Park, Carmel**

*Minimal hiking required.*



## California Condors!

Coming back from near extinction, the California condor is the largest and perhaps most magnificent bird in the skies of North America. Join this introductory presentation on condor biology, followed by a field trip along the Big Sur coast for opportunities to view condors--once released and now established as wild, breeding birds. Instructor: Bruce Elliott.

**Ages 13-Adult**

**Saturday, Jan. 20 | 9 am-2 pm**

**Location to be determined.**

## Become a Visitor Center Volunteer!

*Ever wondered who the volunteers are at MPRPD Visitor Centers? It's people like you! Our Visitor Center volunteers assist the community with their questions about the parks, trail systems and so much more. Learn about the MPRPD Volunteer Program and how you can join in on the fun.*

**Fill out an online application at [mprpd.org](http://mprpd.org) or contact our Volunteer Coordinator at**

**831-659-6065**

**[wyatt@mprpd.org](mailto:wyatt@mprpd.org).**

## Owls of Monterey County

Just before twilight, your evening introduction to these secretive and mysterious birds begins with general owl biology, including the calls and identification of our eight local species. After darkness settles, we'll scout their natural habitats that may be busy with annual breeding activities. We'll listen for hisses and screeches, and watch for these silent hunters. Instructor: Bruce Elliott.

**Ages 13-Adult**

**Saturday, Mar. 17 | 5 pm-9 pm**

**Garland Park Meeting Room**

*Includes night hike.*





## Act Locally In Volunteer Endeavors

*Please pre-register for all events. All minors must be accompanied by an adult.*

### New Volunteer Meet and Greet Social

Interested in learning about our volunteer program from our Volunteers' perspective? Take this opportunity to meet and socialize with MPRPD's Volunteers at a festive gathering. Instructors: MPRPD Staff and Volunteer Naturalists.

**Ages 18+**

**Wednesday, Mar. 21 | 6 pm-8 pm**  
**Location to be announced.**

### Visitor Center Volunteer Staff: Orientation Day!

The Garland Ranch Regional Park Visitor Center needs you! Visitor Center volunteers assist the community with their questions about the park and its trail system. They provide educational opportunities and enhance the experiences of visitors. Learn about the MPRPD Volunteer Program; find out how you can share in the fun! Instructor: MPRPD Staff.

**Ages 18+**

**Sunday | 1 pm-3 pm**  
**Dec. 10; Jan. 21**  
**Garland Park Visitor Center**

### Garland Park Native Plant Garden: Volunteer Day!

Garland Ranch Regional Park's Visitor Center boasts a beautiful native plant garden and arboretum. This family friendly environment is designed to showcase the importance and value of local native plants. Come help maintain this beautiful garden! No experience necessary—just a desire to work hard and to learn about native plants. Instructors: MPRPD Staff and Volunteer Naturalists.

**All Ages**

**Wednesday | 10 am-12 pm**  
**Jan. 24; Mar. 28**  
**Garland Park Visitor Center**

### Give a "Green" Day: Customizable Projects

Build connections among your group members and with the environment while participating in park beautification, restoration or cleanup projects. Fun and meaningful activities provide a unique experience. Instructors: MPRPD Staff and Volunteer Naturalists.

**Ages 8-Adult**

**Dates, times and projects to be arranged.**

*Projects are designed for groups of 10 or more.*

**Join in  
our "Green"  
Projects!**

**For more information  
on Community ALIVE!  
activities,  
contact our Volunteer  
Coordinator at  
831-659-6065  
wyatt@mprpd.org**





# Get Out, Get Healthy

***“The use of green spaces is associated with decreased health complaints, improved blood pressure and cholesterol levels, reduced stress, improved general health perceptions and a greater ability to face problems.”***

—National Parks and Recreation Association

## Walk with the Doc: Inspiration Point

Be inspired by breathtaking views while learning to boost your energy level, improve your metabolism, tone your muscles and reduce your stress. Join local physicians for a walk outdoors to discuss the importance of incorporating a manageable fitness routine into your busy life. Eating better, exercising more, taking time for you – the benefits are unlimited. Instructors: Cindy Lee MD and Jay Edmonds, Jr., MD.

**All Ages**

**Saturday, Mar. 10**

**8:45 am-11:30 am**

**Palo Corona Regional Park, Carmel**

*Elevation gain: Approx. 650 ft.*

*Distance: Approx. 4 miles*

## Get Healthy: Give Back!

Get healthy while giving back! Bring a few cans to use as weights while you get fit stretching. Learn healthy lifestyle techniques that keep your appetite for exercise strong through the winter. After you finish your “heavy” lifting, donate your canned food items. Items will be taken to the local food bank. Instructors: Cindy Lee MD and Jay Edmonds, Jr., MD.

**All Ages**

**Saturday, Nov. 4 | 8:45 am-10 am**

**Ryan Ranch, Monterey**

*An optional .25 or 1.8 mile walk follows this program.*

## Mindful Meditation in the Park

Being in nature invites you to engage your senses and come into contact with the natural world. Mindfulness meditation cultivates awareness of whatever is taking place within and around us; our thoughts and emotions, the breeze, the sounds of birds, the warmth of the sun. Experience guided sitting meditation, mindful walking and informal discussion. Instructor: Katie Dutcher.

**Ages 16-Adult**

**4th Saturday of each month**

**10:30 am-11:30 am**

**Jan. 27 Sitting Meditation**

**Feb. 24 Sitting Meditation**

**Mar. 24 Mindful Walking  
& Meditation**

**Apr. 28 Mindful Walking  
& Meditation**

**Palo Corona Barn, Carmel**

*Please bring a chair/cushion/mat to sit on.*

*Wear layers and bring a blanket in case of wind and weather.*

## Bring in the New Year - Outdoors!

Start the new year exercising outdoors in a friendly and comfortable environment. Join local physicians that specialize in Family Medicine, Wellness and Preventive care. Develop a healthy lifestyle during this supportive outdoor experience. Encourage yourself to get out and get healthy today. Instructors: Cindy Lee MD and Jay Edmonds, Jr., MD.

**Ages All**

**Saturday, Jan. 6 | 8:45 am-11 am**

**Palo Corona Regional Park, Carmel**

*Elevation gain: Approx. 300 ft.*

*Distance: Approx. 3 miles*



# Community Happenings

Events and Programs  
Offered by Community Organizations

## BUREAU OF LAND MANAGEMENT Fort Ord National Monument's Volunteer Public Lands Day

Join a rare opportunity to drive into the backcountry of your local National Monument while giving back. There are many volunteer projects to choose: collecting native seed, spreading seed and straw, removing wild mustard, salamander research project tasks, and painting over graffiti. Hosted by: Bureau of Land Management.

**All Ages**  
**Sunday, Oct. 28 | 9 am-1 pm**

**FOR MORE INFORMATION**  
**EMAIL: [emorgan@blm.gov](mailto:emorgan@blm.gov)**

**CALL: 831-582-2200**

*RSVP is requested.*

*Project sign-ups at site begin at 9 am.  
Lunch and free t-shirt provided.*

## BUREAU OF LAND MANAGEMENT Fort Ord National Monument - Thursday Volunteer Days

Come join us at the beautiful Fort Ord National Monument for year-round Volunteer Days! All projects are outdoors, including collecting native plant seeds, assisting with salamander research, removing invasive weeds, helping on habitat restoration and collecting data for sheep and goat grazing programs. Much to see and learn, and always fulfilling! Hosted by: Bureau of Land Management.

**All Ages**  
**Every Thursday | 9 am-4:30 pm**

**FOR MORE INFORMATION**  
**EMAIL: [bdelgado@blm.gov](mailto:bdelgado@blm.gov)**  
**CALL: 831-277-7690**

## CALIFORNIA NATIVE PLANT SOCIETY All About Nature Presentations

CNPS hosts outstanding speakers and presenters at its bi-monthly membership meetings. Talks are held on the second Thursday in Nov., Jan., Mar., and May. To learn more about upcoming presentations, go to [montereybay.cnps.org](http://montereybay.cnps.org). Check our latest online newsletter for upcoming field trips. Hosted by: California Native Plant Society.

**All Ages**  
**2nd Thursday, every other month**  
**7:30 pm**  
**PG Museum, Pacific Grove**

**FOR MORE INFORMATION**  
**VISIT: [montereybay.cnps.org](http://montereybay.cnps.org)**  
**CALL: 831-375-7777**

## CALIFORNIA STATE UNIVERSITY, MONTEREY BAY Return of the Natives

Annual Bird Count and Park Cleanup! Come help RON collect data on bird populations. This 10-year project helps to gauge the impact of the restoration efforts in Salinas! Birding will be from 7 am to 10 am, followed by a trash cleanup from 10 am to 12 pm. Hosted by: CSUMB Return of the Natives.

**All Ages**  
**Saturday, Jan. 13 | 7 am-12 pm**  
**Upper Carr Lake, Salinas**

**FOR MORE INFORMATION**  
**VISIT: [csumb.edu/ron](http://csumb.edu/ron)**  
**EMAIL: [friendsofron@csumb.edu](mailto:friendsofron@csumb.edu)**  
**CALL: 831-582-3686**

## CALIFORNIA STATE UNIVERSITY, MONTEREY BAY Return of the Natives — Restoration Events

Work with RON on restoration projects rebuilding native plant populations and increasing habitat for threatened species. With the help of volunteers like you, we can plant thousands of plants to ensure a healthy habitat. All volunteers welcome! Hosted by: CSUMB Return of the Natives.

**All Ages**

**Saturday | 10 am-1 pm**

**Dec. 2 Native Habitat Planting**  
**at Monterey State Beach!**  
**Sand Dunes Dr., Monterey**  
*(Live music on the beach!)*

**Jan. 20 Planting and Restoration**  
**at Monterey State Beach!**  
**Sand Dunes Dr., Monterey**  
*(Live music on the beach!)*

**Jan. 27 Restoration Planting at Fort**  
**Ord National Monument!**  
**Call for location.**

**Feb. 3 Oak Woodland**  
**Restoration Project!**  
**Lightfighter Dr. and Colonel**  
**Durham St., Seaside**

**Feb. 3 Dune Habitat Restoration**  
**at Monterey State Beach!**  
**Sand Dunes Dr., Monterey**

**Feb. 10 Restoration Planting at Fort**  
**Ord National Monument!**  
**Call for location.**

**Feb. 17 Dune Restoration at Salinas**  
**River State Beach!**  
**Potrero Road, Moss Landing**

**Feb. 24 Restoration Planting at Fort**  
**Ord National Monument!**  
**Call for location.**

**Mar. 3 Oak Woodland**  
**Restoration Project!**  
**Lightfighter Dr. and Colonel**  
**Durham St., Seaside**

**FOR MORE INFORMATION**  
**VISIT: [csumb.edu/ron](http://csumb.edu/ron)**  
**EMAIL: [friendsofron@csumb.edu](mailto:friendsofron@csumb.edu)**  
**CALL: 831-582-3686**

# Community Happenings

## CALIFORNIA STATE UNIVERSITY, MONTEREY BAY Return of the Natives— Beautification Events

RON invites you to volunteer to care for Salinas parks. Help clean up trash, remove weeds and trim large shrubs. Let's work together to ensure a safe, clean park for all. All equipment provided. Hosted by: CSUMB Return of the Natives.

### All Ages

**Saturday | 10 am-1 pm**

**Oct. 28 Make A Difference Day  
in Salinas!**  
Natividad Creek Park,  
Salinas

*(Light breakfast served.)*

**Nov. 18 Upper Carr Lake Park Care!**  
Upper Carr Lake, Salinas

*(Light breakfast served.)*

**Mar. 10 Park Cleanup and  
Restoration in Salinas!**  
Upper Carr Lake, Salinas

**Mar. 31 César Chávez Day Park  
Cleanup!**  
César Chávez Community  
Park, Salinas

### FOR MORE INFORMATION

VISIT: [csumb.edu/ron](http://csumb.edu/ron)

EMAIL: [friendsofiron@csumb.edu](mailto:friendsofiron@csumb.edu)

CALL: 831-582-3686

## CITIZENS FOR SUSTAINABLE MARINA Coast Live Oak Woodland Restoration

Join this family-friendly annual service day. Volunteers come together to plant native plants, sow seeds, spread mulch with pitchforks and wheel barrows, remove weeds, and repair wind screens. Help restore a small grove of native coast live oak woodland next to the Marina Library. Hosted by: Citizens for Sustainable Marina.

### All Ages

**Saturday, Dec. 9 | 9 am-3 pm**  
Locke-Paddon Park, Marina

### FOR MORE INFORMATION

VISIT: [c4smarina.weebly.com](http://c4smarina.weebly.com)

EMAIL: [bdelgado62@gmail.com](mailto:bdelgado62@gmail.com)

CALL: 831-277-7690

## ELKHORN SLOUGH FOUNDATION Evenings at the Estuary Eucalyptus and Fire

Learn to take a stand for fire and habitat protection. Fire Chief Chris Orman and Stewardship Coordinator Andrea Woolfolk discuss the history, ecology, and fire hazards posed by invasive eucalyptus trees. Learn about current research and management strategies that align conservation science and wildfire safety. Hosted by: Elkhorn Slough Reserve and Elkhorn Slough Foundation.

**Thursday, Nov. 9 | 6 pm-7 pm**

Elkhorn Slough Reserve, Royal Oaks

### FOR MORE INFORMATION

VISIT: [elkhornslough.org](http://elkhornslough.org)

CALL: 831-728-5939

*Pre-event walk and talk begins at 5:30 pm.*

*Program is free. A \$5 donation is appreciated.*

*Seating is limited.*

## MONTEREY BAY MEDITATION STUDIO Monthly Community Events

MBMS offers opportunities to develop, sustain and deepen your meditation practice while creating a diverse and supportive community. We are committed to making mindfulness and compassion both accessible and relevant to bring awareness and kindness to our community. When you come to our outdoor events, look for our MBMS flag! Hosted by: MBMS Staff.

### Ages 18+

**Friday, Oct. 27 | 7 pm-8:30 pm**  
Cosmos Contemplation,  
Asilomar Beach

**Sunday, Dec. 3 | 5 pm-6:30 pm**  
Waves of Light, Asilomar Beach

**Saturday, Feb. 17 | 4:30 pm-6 pm**  
River Flow: Meditative Movement,  
Carmel River State Beach

**Sunday, Apr. 8 | 3 pm-4:30 pm**  
Forest Bathing, Rip Van Winkle  
Open Space

### FOR MORE INFORMATION

VISIT: [montereybaymeditation.com](http://montereybaymeditation.com)

EMAIL: [info@montereybaymeditation.com](mailto:info@montereybaymeditation.com)

CALL: 831-373-1017

## MONTEREY REGIONAL WASTE MANAGEMENT DISTRICT

### Greener Gardening Workshops: Basic Composting

Help reduce the amount of organic waste going to the local landfill. Compost your kitchen scraps and yard trimmings and in the process, produce a great and FREE soil amendment for your garden. Join this workshop to learn the basics of successfully composting in your backyard. Hosted by: MRWMD Staff.

### Ages 9-Adult

**Saturday | 10 am-11:30 am**

**Jan. 27**

Waste Management District,  
Marina

### FOR MORE INFORMATION

VISIT: [mrwmd.org](http://mrwmd.org)

CALL: 831-384-5313

*Minors must be accompanied by an adult..*

## MONTEREY REGIONAL WASTE MANAGEMENT DISTRICT

### Greener Gardening Workshops: Vermicomposting (with worms)

Who would have thought that worms could make fascinating and productive "pets" and produce one of the most beneficial soil amendments. Come learn the basics of composting your food scraps with the help of these great little "work horses." This form of composting works well for those with little or no yard. Hosted by: MRWMD Staff.

### Ages 9-Adult

**Saturday, Feb. 24 | 10 am-11:30 am**  
Monterey Regional Waste  
Management District, Marina

### FOR MORE INFORMATION

VISIT: [mrwmd.org](http://mrwmd.org)

CALL: 831-384-5313

*Minors must be accompanied by an adult..*



## Events and Programs Offered by Community Organizations

### PACIFIC GROVE MUSEUM OF NATURAL HISTORY Science Saturdays

Science Saturdays are family-friendly events with a variety of hands-on science activities for guests of all ages. Admission for all is FREE! Hosted by: PG Museum Staff.

#### All Ages

**Saturday | 10 am-3 pm\***

**PG Museum, Pacific Grove**

**Oct. 28 Bats, Spiders, and Snakes**

**Nov. 25 Magnificent Monarchs**

**Jan. 27 Migrations and Sandy's Birthday**

**Feb. 24 Animal Athletes**

**Mar. 31 Bees, Wasps, Honey, and Hives**

**Apr. 28 Day of the Dinosaur**

#### FOR MORE INFORMATION

**VISIT:** [pgmuseum.org](http://pgmuseum.org)

**CALL:** 831-648-5716 ext. 14

*\*Drop in any time.*

### VENTANA WILDERNESS ALLIANCE VWA Trail Crew

Join the VWA Trail Crew for a beautiful hike in the Big Sur backcountry. Learn to maintain trails and enjoy the company of talented people with extensive backpacking and wilderness experience. Sign-up for alerts at VWA MeetUp and we'll invite you to upcoming outings. Hosted by: Ventana Wilderness Alliance Staff.

#### All Ages\*

#### FOR MORE INFORMATION

**VISIT:** [ventanawild.org](http://ventanawild.org)

**EMAIL:** [stewardship@ventanawild.org](mailto:stewardship@ventanawild.org)

**CALL:** 831-423-3191

**MEET UP:** [meetup.com/ventana-wilderness-alliance-meetup](http://meetup.com/ventana-wilderness-alliance-meetup)

*Projects run October-May.*

*Locations vary.*

*\*Minors must be accompanied by a guardian.*

### VENTANA WILDERNESS ALLIANCE Youth in Wilderness

The Youth in Wilderness program educates and inspires the next generation of wilderness stewards and advocates with overnight expeditions into the Big Sur backcountry. Best suited to high school students, teachers and/or group leaders. Must provide own transportation to the trailhead. Hosted by Ventana Wilderness Alliance Staff.

#### October-November | February-May

#### FOR MORE INFORMATION

**VISIT:** [ventanawild.org/youth/youth-in-wilderness](http://ventanawild.org/youth/youth-in-wilderness)

**EMAIL:** [toan@ventanawild.org](mailto:toan@ventanawild.org)

**CALL:** 831-423-3191.

*Outings are free to approved leaders and participants.*

### VENTANA WILDLIFE SOCIETY Single Day Adventures

From the talus caves at Pinnacles National Park, to the top of the valley at Fremont Peak State Park, there are so many amazing places to discover. Come out for a day and practice how to survive in the wild, wander redwood forests or explore tide pools. Hosted by: Ventana Wildlife Society Staff.

#### Ages 8-12

**Saturday and holidays**

**8:30 am-4:30 pm**

**\$45/day**

**Scholarships are available.**

#### FOR MORE INFORMATION

**VISIT:** [ventanaws.org/education](http://ventanaws.org/education)

**EMAIL:** [AlenaPorte@ventanaws.org](mailto:AlenaPorte@ventanaws.org)

**CALL:** 831-800-7421

## Looking for a unique location for your next meeting or event?

The Garland Ranch Regional Park Meeting Room is available for special events!

Our renovated facility includes a parking area, deck, restroom and patio, all nestled in the heart of our flagship park. Kitchen facilities are also available.

For more information visit  
[mprpd.org](http://mprpd.org),  
call 831-372-3196 ext. 103  
or email  
[mccullough@mprpd.org](mailto:mccullough@mprpd.org)



# MPRPD Park Map

Parks and properties owned and managed by the Monterey Peninsula Regional Park District

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## BOARD OF DIRECTORS

**WARD 1** Kelly Sorenson (President)  
ksorenson@mprpd.org  
Marina, northern Ft. Ord

**WARD 2** Shane Anderson  
shanea@mprpd.org  
Seaside, northern Sand City, southern Ft. Ord

**WARD 3** Katie Pofahl  
kpofahlmprpd@gmail.com  
Monterey, southwest Seaside, southern Sand City, Del Rey Oaks

**WARD 4** Kathleen Lee  
klee@mprpd.org  
Pacific Grove, New Monterey, northern Pebble Beach

**WARD 5** John Dalessio  
jrmaam@gmail.com  
Carmel, Carmel Valley, Big Sur, southern Pebble Beach

Board meetings are typically held the second Wednesday of each month. Check [mprpd.org](http://mprpd.org) for more information.

## ENVIRONMENTAL EDUCATION AND COMMUNITY OUTREACH (EECO) TEAM

Rafael Payan, PhD  
General Manager  
payan@mprpd.org

Jackie Nelson  
Environmental Education Supervisor  
nelson@mprpd.org

Debbie Wyatt  
Environmental Education Coordinator  
Volunteers  
wyatt@mprpd.org

A special thanks to MPRPD Volunteers.

Map not to scale.  
For a complete map of MPRPD parks, visit [mprpd.org](http://mprpd.org).



\* Management Partnership

\*\* Access Permit Required

† Temporarily Closed

## MPRPD Parks and Preserves

	Hiking Trails	Equestrian Trails	Bicycle Trails	Coastal Access	Sports Fields	Children's Play Areas	Volunteer-led Hikes	Picnic Areas	Dogs Allowed	Restrooms	Scenic/Env. Resources	Historic Resources	Visitor Center	Meeting Room	Accessibility Trail Info
1 Cachagua Community Park*					✓	✓		✓	✓	✓	✓	✓		✓	
2 de Dampierre Park (unit of Garland Park)*	✓		✓		✓		✓	✓	✓	✓	✓	✓	✓		✓
3 Eolian Dunes Preserve	✓			✓					✓		✓	✓			
4 Frog Pond Wetland Preserve	✓						✓		✓		✓	✓			
5 Garland Ranch Regional Park (Garland Park)	✓	✓	✓				✓	✓	✓	✓	✓	✓	✓	✓	✓
6 Kahn Ranch (unit of Garland Park)**	✓	✓	✓				✓		✓		✓	✓			✓
7 Locke-Paddon Wetland Community Park*	✓					✓		✓	✓	✓	✓	✓			
8 Marina Dunes Preserve	✓			✓					✓		✓				
9 Mill Creek Redwood Preserve †	✓						✓				✓	✓			
10 Palo Corona Regional Park**	✓						✓	✓		✓	✓	✓			✓



# Adventure Planner

## Your Monthly Calendar of Activities

OCTOBER 2017			PAGE
15	Sun	Wildlife Tracking Basics	8
19	Thu	Frog Pond Walk and Talk	5
20	Fri	Orionids Meteor Shower	BACK COVER
21	Sat	Discover Marina Dunes Preserve	4
NOVEMBER 2017			PAGE
4	Sat	Get Healthy: Give Back	10
4	Sat	Nature Roll for Wheelchair Users	6
5	Sun	Fabulous Ferns and Redwoods	4
8	Wed	Expedition Palo Corona	8
9	Thu	Carmel River Watershed Tour	8
17	Fri	Leonids Meteor Shower	BACK COVER
18	Sat	Hike East Garzas to the Visitor Center	6
18	Sat	Laguna Grande Birding Walk	5
18	Sat	Nature Night Hikes	4
18	Sat	Tule, Tule!	7
DECEMBER 2017			PAGE
2	Sat	Mushroom Mania	8
2	Sat	What is a Home?	6
10	Sun	Visitor Center: Orientation Day	9
13	Wed	Geminid Meteor Shower	BACK COVER
16	Sat	Introduction to Birding	5
16	Sat	Owl Walk at Dusk	4
31	Sun	Bring in the New Year: Kahn Ranch	4
JANUARY 2018			PAGE
6	Sat	Bring in the New Year -Outdoors!	10
6	Sat	Latrines, Bunkers and Vernal Pools   Structures	6
13	Sat	Mushroom Appreciation Hike	6
20	Sat	California Condors	8
20	Sat	Laguna Grande Birding Walk	5
20	Sat	Nature Night Hikes	4
21	Sun	Secret Lives of Pacific Chorus Frogs	7
21	Sun	Visitor Center: Orientation Day	9
21	Sun	Wildlife Tracking Basics	8
24	Wed	Garland Park Native Plant Volunteer Day	9
27	Sat	Mindful Meditation in the Park	10
27	Sat	Mushroom Mania	8
31	Wed	Total Lunar Eclipse	BACK COVER

FEBRUARY 2018			PAGE
3	Sat	Latrines, Bunkers and Vernal Pools   Bunkers	6
10	Sat	Mushroom Mania	8
10	Sat	Uncover the Secrets of the Pond	7
15	Thu	Star Party	BACK COVER
17	Sat	Introduction to Birding	5
17	Sat	Twilight Hike through the Park	6
18	Sun	Discover Kahn Ranch	4
24	Sat	Mindful Meditation in the Park	10
24	Sat	Mushroom Appreciation Hike	6
MARCH 2018			PAGE
3	Sat	Discover Marina Dunes Preserve	4
4	Sat	Latrines, Bunkers and Vernal Pools   Latrines	6
10	Sat	Walk with the Doc: Inspiration Point	10
15	Thu	Carmel River Watershed Tour	8
17	Sat	Laguna Grande Birding Walk	5
17	Sat	Nature Night Hikes	4
17	Sat	Owls of Monterey County	8
18	Sun	Bring in Spring Hike	4
18	Sun	Secrets of a Beak	7
21	Wed	New Volunteer Meet and Greet Social	9
24	Sat	CA Wildlife Day Celebration!	5
24	Sat	Mindful Meditation in the Park	10
28	Wed	Garland Park Native Plant Volunteer Day	9
APRIL 2018			PAGE
7	Sat	Nature Roll for Wheelchair Users	6
7	Sat	Walk Among the Wildflowers at Porter Ranch	6
14	Sat	Earth Day Celebration	3
20	Fri	Astronomical Adventures	BACK COVER
21	Sat	Introduction to Birding	5
21	Sat	Owl Walk at Dusk	4
28	Sat	Mindful Meditation in the Park	10

**REMINDER: PRE-REGISTRATION IS REQUIRED.**

## Do you know your Park District accepts tax deductible donations?

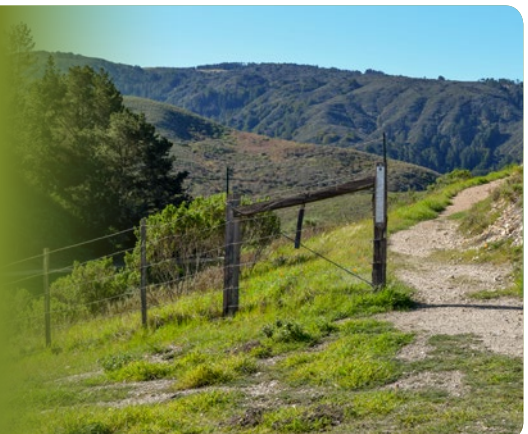
Your donation helps fund the important work of the Park District, including:

- Conservation of open space for the future
- Protection and restoration of critical habitats
- Education of park visitors on the importance of maintaining open space

**IT'S EASY TO DONATE** — Visit [mprpd.org](http://mprpd.org) & choose a donation level.

Thanks for your generous support of our efforts!

To leave a lasting and living legacy of open space to your community, contact us at 831-372-3196.





## Monterey Peninsula Regional Park District

60 Garden Court, Suite 325

Monterey, CA 93940

Tel: 831-372-3196 • Fax: 831-372-3197



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## RESIDENTIAL CUSTOMER

# Out of this World! STARGAZING

**FOR COMFORT, WARM CLOTHING AND HOT DRINKS ARE ENCOURAGED.**

Rain, fog or cloud cover cancels event. For more information, call: 831-659-6065.

Minors must be accompanied by an adult.

### Orionids Meteor Shower

Radiating from above the red supergiant star, Betelgeuse, this meteor shower is due to Halley's Comet. The moon will be new with very little brightness making the timing for this event great. This reliable meteor shower fills the skies for nearly one month and peaks just in time for this event.

**All Ages**

**Friday, Oct. 20 | 6:15 pm-8:15 pm**  
**Garland Park Visitor Center**

### Geminid Meteor Shower

Considered by many the best meteor shower of the year. Produced by debris left by an asteroid, this celestial event can produce many multicolored meteors per hour at its peak. On this night, the third quarter moon will set early, darkening the sky for an out-of-this-world show.

**All Ages**

**Wednesday, Dec. 13 | 6 pm-8 pm**  
**Garland Park Visitor Center**

### Total Lunar Eclipse

A total lunar eclipse occurs when the moon passes completely through the Earth's dark shadow, or umbra. During this type of eclipse, the moon will gradually get darker and then take on a rusty or blood red color. This eclipse will be visible throughout most of western North America.

**All Ages**

**Wednesday, Jan. 31 | 3 am-5 am**  
**Garland Park Visitor Center**

### Leonids Meteor Shower

Radiating from the constellation Leo, the Leonids have been known for producing spectacular shows in the past. With the darkness from a nearly new moon the stage is set for brightly colored meteors with persistent trains. The sky will darken early so be sure to bring your flashlights.

**All Ages**

**Friday, Nov. 17 | 7 pm-9 pm**  
**Garland Park Visitor Center**

### Star Party

Look up at the night sky and revel in its vast mysteries. Come and join us as amateur astronomers share their knowledge of the cosmos. The new moon is the best time to observe faint objects such as galaxies and star clusters. There will be little moonlight so be sure to bring your flashlight.

**All Ages**

**Thursday, Feb. 15 | 6 pm-8 pm**  
**Garland Park Visitor Center**

### Astronomical Adventures

Come aboard this virtual space trip! Celestial objects are viewed and discussed using the unaided eye, binoculars, and telescopes. We'll see our 5-day crescent Moon with its craters, lava "seas" and mountains; the spring constellations of Taurus, Gemini, and Leo; the planet Venus in the western sky near the Pleiades cluster; and probably Earth satellites. Instructor: Dr. Jim Eagle, MIRA docent.

**All Ages**

**Friday, Apr. 20 | 8 pm-9:30 pm**  
**Garland Park Visitor Center**

Programs presented in cooperation with Monterey Institute for Research in Astronomy (MIRA),  
the MIRA Astronomy Club and the Santa Cruz Astronomy Club.